

Complete Your Karmic

Contract

Free Your Soul
CHECKLIST

eBook

Weekly GLOWshow

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Complete Karmic Contract Checklist

Hello Dear One! I am so excited you decided to say "yes" to letting go of your karmic past, so you can **FREE YOUR SOUL!**

While we cannot skip the lessons that we signed up to learn, we can declare that we are ready to release karmic debris and cancel karmic debts that we remain energetically attached to that are stored within the DNA of our body, mind, heart and souls – making it imperative that to complete your soul agreements in order to gain personal freedom.

Before you start working the steps in the checklist, make sure to commit to the recommended task and ask your guides for assistance with creating awareness that will reveal any remaining virtues that need completed – so you can **FACE YOUR FEARS & GLOW FORWARD ON FIRE!**

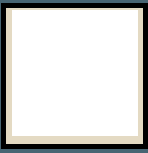
Also, I recommend that you don't skip any of the steps, so you can get gain the most out of the exercises that are provided for you!

Don't forget to subscribe to my [YouTube channel](#), so get notified and can receive instant access to my [Weekly GLOWshow!](#)

Sharing the Shine,

drharmony





1: Commit to Letting Go

YOU MUST BE WILLING to acknowledge your past! This accomplishes 75% of the letting go process. Most often, it is easier to remain stuck, rather than making the necessary shifts to create change for forward progression.

Make a commitment today to do whatever it takes to gain inner peace and happiness in your life!

Decision making can produce analysis causing paralysis. However, you really only have 3 choices to make when it comes to anything in life. So I challenge you to ask yourself the following 3 questions - then commit to your answers!

1) **Willingness** - Am I willing to listen and do what I AM being guided to do? I am willing to focus on why I can, rather than why I can't?

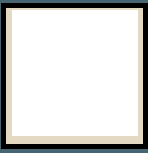
2) **Determination** - Am I determined to follow through with what it is I AM being guided to do? It is ALL laid out for me. Therefore, I AM willing to commit to getting it done.

There is ALWAYS a way - I will find one!

3) **Fearlessness** - Am I fearless enough to listen to my heart and not my head, so I can do what I AM being guided to do?

Fear comes from the head ~ Love comes from the heart

I will ALWAYS choose to do what I LOVE!



2: Does it Serve a Purpose?

Now let's start by evaluating your thoughts, feelings, emotions, beliefs, old programming, habits, generational curses, cultural conditioning, along with any negative and painful relationships.

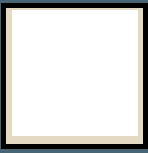
Without rushing, take time to reflect on your past experiences and use your awareness's to make a list - one list for each of the 12 categories below!

Then label a sheet of paper - one with each of the 12 categories listed below. Next, list all the things that no longer serves your highest good in each of these areas:

- Soul Space - Energetic Body
- Emotional Space
- Mental Space
- Physical Body
- Physical Environment Space
- Personal Growth and Spiritual Development
- Health and Well Being
- Beloved
- Family and Friends
- Fun, Leisure
- Livelihood
- Finances

Prioritize each of your 12 list representing movement in all areas of your life. Then use the #1 priorities from each of your 12 list to create a new list of your #1 priorities from each of the 12 list. Now prioritize this combined list. Then set your intention to take action to release your top 3 #1 priorities in your life that have been blocking you from moving forward.

REPEAT this process until you have released your entire list!

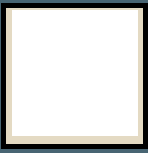


3: Time to Take Action!

Time to create an action plan to release your top 3 - # 1 priorities - Review your combined list and ask yourself the following questions about your top 3 - # 1 priorities that you are ready to release:

- 1) What actions do I need to immediately implement to release what no longer serves my highest good – so that I can shift into Divine alignment?
 - Make a list of what actions you need to take to release your top 3 - #1 priorities.
 - Prioritize each of these 3 lists – placing a number next to each action necessary to accomplish letting go. Then create a checklist for actions steps you need to take to accomplish each task.
- 2) What actions can I immediately implement to align with my heart's desire – so that I can shift into Divine alignment with my highest good?
 - Make a list of what your heart desires that will replace your top 3 things to release from the #1 priorities on your combined list of top 12 priorities.
 - Prioritize each of these 3 list – placing a number next to each action necessary to co-create your hearts desires, creating a checklist.
 - Now create an action plan for each of your top 3 desires, prioritize your action steps, so that you can bring things things into form – while letting go of what no longer serves you, you are opening to receive the things you love.

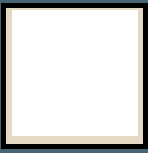
Letting go creates fear that can bring up negative thoughts, feelings, and emotions. Fear can block your actions, when things come up remind yourself of your commitment and make sure to journal your awarenesses!



4: What's a Sacred Contract?

SINCE THE BEGINNING OF TIME, humans have held the concept of a soul splitting upon inception — the idea of creating two individual twin souls; generating the power of two that is greater than one. Upon incarnation, the twin souls create an agreement, and each soul selects their portions of the lessons that they agree to learn during their joint evolutionary journey. They lead parallel lives; throughout each life, typically only one twin incarnates at a time. They share the goal of gathering knowledge and wisdom from each of their individual experiences and then share with each other the awareness they learned through the process. This joint venture helps both to evolve further and faster as they transcend to their higher selves. The mission is that, by the end of their journeys, they both have mastered all the lessons that they agreed to learn along the way. The culmination of their final lessons requires them to come together in order to create a mirrored reflection that is necessary to clear out all karmic debris.

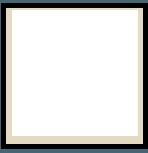
Ultimately, they are able to fulfill a greater mission than either one of them could have done alone. At the end of their evolutionary journey, they reunite and become one again. Then the ultimate goal is to pay forward and give back to the Universe — to help others using all the lessons, knowledge and wisdom they gained during their transformational journey. The lessons they learn then become part of the Universal intelligence that is collectively used to create a new blueprint and a legacy for others to follow.



5: Understand what You Signed Up for!

Since you may have missed the fine print, let me explain: Your joint sacred contract is divided into five major sections:

- 1) **The Joint Agreement** - a contract you made with your other half at the beginning of time that determines specific lessons you and your other half chose to master, both individually and together. In addition, you both agreed to teach each other your final lesson, which will be the exact same lesson for both of you, but in opposite polarities creating contrast between you that much be harmonized.
- 2) **Karmic Vows** - these are virtues or lessons that you personally chose to learn from within the joint agreement.
- 3) **Soul Contracts** - these are joint agreements you personally made with each of your soul family members, which you've spent many lives with. Completion of these contracts must be finished before these relationships will end. If your beloved is with a karmic partner, you must also complete your portion of that joint agreement.
- 4) **Karmic Debts** - this is karmic clearing you personally chose to clear for the collective - in exchange for eternal life. Debts that have been paid can still remain energetically attached to you, creating energetic cords, which might still need energetically released!
- 5) **7 Deadly Sins** - collectively, all twin flames agreed to assist in a karmic purging process for the new earth, helping cleanse the wages of sin - purifying ALL the way back to the beginning of time. [Click to Learn More:](#)



6: What's in the Contract?

SECTION 1:

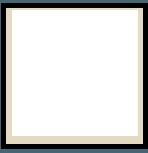
The Joint Agreement is broken down into 2 parts – Let's review the contract!

PART 1 - is agreeing to complete your individual portion of the joint agreement.

PART 2 - you and your Beloved agreed to help each other master your final lesson together as a team – putting you together in a corner with your Beloved that can create checkmate with them and still-mate with yourself!

While there are very specific karmic vows, debts and soul contracts that we made with others, you also made an agreement with our other half to share in a joint mission – the power of two being greater than one. Remember that the intention was that you each gain knowledge and wisdom along the way, helping you both progress further faster. In addition, you agreed to search each other out and come together to teach each other your final karmic lesson.

Before union can transpire, energetic balance of both the Divine feminine, and the Divine masculine must be restored within both of you – then as a unit. Therefore, It is imperative to create harmony within one's own soul. By doing so, you each must learn to follow your heart and not your head. This also requires that you both shift into alignment with your sacred selves, which will raise your individual energetic vibration, allowing you both to align with your greatest and highest potential. In addition, each partner will benefit from the individual efforts of the other.



7: Let's Dive Deeper!

SECTION 1 - PART 1:

The Individual Sacred Agreement - Includes Honoring Your Individual Portion of Your Twin-Flame Dynamic:

The ultimate mission is for each partner is to master the following lessons during this lifetime, where both the Divine masculine and Divine feminine agreed to learn these particular lessons – as listed:

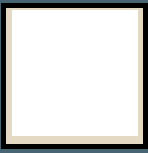
Divine Feminine - Collectively Agreed to Clear the Following Virtues:

- Practice Patience
- Trust the Process - Divine Order
- Let Go of Expectations and Conditions
- Release Not Feeling Good Enough
- Let Go of Resentment and Anger
- Clear Codependency

Divine Masculine - Collectively Agreed to Clear the Following Virtues:

- Not Feeling Worthy
- Addictive Personality - Letting Go of Karmic Partners
- Lack of Self-Expression and Communication
- Fear of What Others Think

It will be important that you not only master these lessons, but in addition ask your guides for any personalized vows or remaining lessons to come to your awareness, so you can complete your personal agreement that you made with your other half.



7: Let's Dive Deeper!

SECTION 1 - PART 2:

The Joint Sacred Agreement - MUST Be Completed Before Reunion:

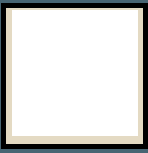
The ultimate goal is for ALL twin flames to reunite, but that also depends on the karma that you chose to clear for the collective. In general, to accomplish this mission, both twin flames must first honor their individual portions of the joint agreement, the mission for the collective, and they **MUST** surrender and stop running from each other, which can only be done when both of them stop running from themselves. This includes the Divine feminine because they still have their own list to focus on, rather than focusing on what their other half is not doing for them.

Once they finally **SURRENDER** and **FOCUS** on their individual battles and be willing to face themselves in the mirror: then and **ONLY** then, will they be able to face each other, which **MUST** be done before harmonizing together.

So... to be clear when **YOU** stop running from **YOU** – **YOUR** other half will stop running from you. Surrendering to **YOURSELF** is your **FINAL** Lesson **YOU** agreed to teach each other - **So YOU MUST SURRENDER to this ego battle in order to harmonize!**

EGO is the # 1 REASON Twin-Flames are not Union!

So...the **KEY** is to clear all past-life energetic blocks that are preventing you and your Beloved from coming together.



8: What Karmic Vows Did I Choose?

SECTION 2:

Karmic Vows:

While there are very specific vows that we individually choose to carry out within our own portion of the joint contract, here is a list of some common karmic vows that will be important to cancel and ask that any specific vows pertaining to what you personally signed up for be revealed and come to your awareness, so that you can complete your agreement:

PAIN

POVERTY

PERSECUTION

SELF PUNISHMENT

STRUGGLES

SUFFERING

HARDSHIPS

CHASTITY

CELIBACY

ILLNESS

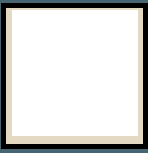
SEXUAL ABUSE

ABANDONMENT

SILENCE

SABOTAGE AND SELF PUNISHMENT

CONTRACT THAT VOWS NOT TO BREAK CONTRACTS



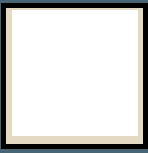
9: What are Soul Contracts?

SECTION 3:

Soul Contracts:

We prearranged every encounter with every person that we come in contact with by setting the intention to learn our agreed upon lessons from the experiences that play out.

It will be important to review your list of people that you made soul agreements with. In doing so, set the intention to finalize any remaining contracts that remain for you to complete your souls agreement. Also cut energetic cords to each person, making sure to forgive each of them as well as ask forgiveness from everyone on your list that you need to make amends with. This can be done working with their higher self. In addition, ask that any remaining lessons come to your awareness, so you can complete your contracts.



10: Which Soul Contracts did I Make?

SECTION 3:

Types of Soul Contracts:

Here is a list of different types of soul connections - Making a list of the people that you may have uncompleted contracts with. Be sure to review your list of relationships taking note of anyone that you need to make amends with. Take note of any lessons, or forgiveness work that may be unresolved so you can take action to complete the contracts.

ETERNAL TWIN FLAME - Your Other Half - Incarnated

TWIN SOUL - Your Other Half - Not Incarnated

TRUE TWIN PARTNER - Highest Energetic Match

KARMIC PARTNERS OF BELOVED

SOUL MATES

KARMIC SOUL MATES

FALSE TWIN FLAMES

TWIN FLAME FACILITATORS

TWIN FLAME AVATARS

PARENTS

FAMILY

CHILDREN

SIBLINGS

FRIENDS

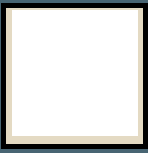
**If you would like to learn more about these
types of soul relationships**



Click to View My

Videos For a Better Understanding Soul Types





11: What are Karmic Debts?

SECTION 4:

Karmic Debts

The Collective Sacred Agreement - you and your Beloved signed up to assist to help the collective clear ALL karmic debris for the Universe.

Together we are part of a **COLLECTIVE WORLD-WIDE WEB** – therefore, we not only have personal karmic debts to clear, but our twin-flame dynamic becomes a piece of the puzzle creating a bigger picture, which means this: what we do individually; not only affects our Beloved, our union, but also the collective.

So, you can rest assured that your Beloved is not separate from you... their portion of this collective event is part of the puzzle. All you have to do is let go, trust and complete **YOUR PERSONAL JOURNEY**, so you can finish this race strong! Your highest Divine partner is in the **VORTEX WAITING ON YOU!**

The purpose of this **COLLECTIVE ASSIGNMENT** is to restore balance and harmony during this Universal timeline, we either get to choose to shift into alignment with honoring all parts of our agreement that we signed up for, or we will get shifted into alignment. YES... we are granted "Free Will", but only when it comes to how we choose to get there, because our destiny is already laid out for us! We are granted the choice to either, surrender to the contract and go forward with ease and grace, or fight the process swimming upstream, which will eventually suck you under!

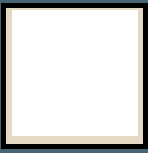
What do you choose?

The best way to assist your twin flame and the collective is to honor your part of the agreement that will help you discover your true self. Doing so, will connect you to Source that aligns you with your Destiny! This is where you will reap your rewards – including our Beloved!

Time to TRUST the Process – **Just let go and get in the flow!**

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[Click Here to](#)
ReRight Karmic Debts



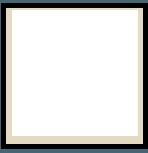
12: Which Karmic Debts did I Choose?

SECTION 4:

Types of Karmic Debts:

While there are very specific karmic debts that we may have individually chosen to clear for the collective, here are a few common karmic debts, which can parallel the same lessons as your personal virtues and vows. So it will be VERY important to clarify and cancel for both karmic vows and karmic debts, being they are synergistic, and yet two different parts of the contract, where you have chose to learn the same lessons for yourself, as you did for the collective. Also, ask that any personalized karmic debts, or any remaining lessons that you chose to clear for the the collective to come to your awareness, so you can bring closure to that contract:

PAIN
POVERTY
PERSECUTION
SELF PUNISHMENT
STRUGGLES
SUFFERING
HARDSHIPS
CHASTITY
CELIBACY
ILLNESS
SEXUAL ABUSE
ABANDONMENT
SILENCE
SABOTAGE AND SELF PUNISHMENT
CONTRACT THAT VOWS NOT TO BREAK CONTRACTS



13: What are the 7 Deadly Sins?

SECTION 5:

The 7 Deadly Sins represent the collective karmic debris - dating back to the beginning of time. You and your Beloved signed up to help perform a cleansing for the new earth by helping to purify *"the wages of sin"* for eternity.

While there are very specific vows that we individually choose to learn, all twin flames collectively created a Universal contract and agreed to participate during this time and space to clear *"the wages of sin"* that have occurred since the beginning of time. So, it will be important that you honor this agreement by focusing on your individual portion of this mass karmic purge. In addition, ask for the wages of your past sins be accounted for and confess your awareness to these karmic debts and claim that you are ready to cancel any remainder portions for your personal vows and for your union.

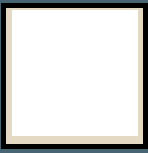
Ask your guides to cancel any personalized vows, and union commitments, ask to be free from continuing to carry these burdens for the world.

Ask that any required lessons that need to be learned to come to your awareness so you can release your obligation to any continued pain and suffering!

7 Deadly Sins List:

- 1) **Envy** - Stop comparing - Let go of NOT being good enough.
- 2) **Gluttony** - Clear ALL addictions - including toxic relationships.
- 3) **Greed** - Let go of expectations of others and self.
- 4) **Lust** - Release toxic and karmic partners.
- 5) **Pride** - Let go of the ego battles - surrender!
- 6) **Sloth** - STOP running from self - focus on your own journey.
- 7) **Wrath** - STOP resenting or being angry at others for not being able to full-fill your codependent needs.

NOTICE: Every virtue listed in the Sacred Agreement make up the 7 Deadly Sins!



14: Time to Cancel the Contract!

I Can ONLY Imagine - You MUST Ready to Cancel the Contract...RIGHT?!?!

First, set an INTENTION for AWARENESS: Ask your guidance to assist you in gaining clarity and direction helping you accelerate your soul transformation.

Declare you are ready to release your past, raise your vibration and reclaim your rewards!

Second, review all five major sections in your sacred contract, and write a letter to the Universe declaring cancellation of all karmic vows, debts, soul contracts and any attachments you may have to the 7 Deadly sins. Ask for all karma to be released - past - present - future, and in all time and space - in every dimension and on every plane of your being.

Be specific and review your list of all awareness's made while working on your release checklist you made from each of the 12 categories above.

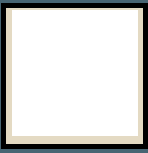
Ask that anything blocking you from connecting to your highest self, your highest purpose, and your highest Divine partnership of this lifetime - that it be released.

Now, read your letter aloud and proclaim stating: I AM open, willing and ready to release all my negative experiences and karmic debris and vows, including soul contracts, and I AM ready to complete any lesson that still need to be completed - ask for the awareness to learn the lesson and let go of all the rest.

Sign your letter and then burn it - during a full moon cycle will amplify the power of this letting go ceremony.

AFFIRM:

I AM Open, I AM Clear, I AM Free to move on with my hearts desires!



15: What are Energetic Cords?

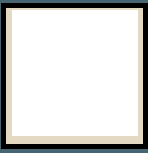
Did you realize that you have an energetic cord that plugs into everything on this planet?

Our chakras act as energetic portals that connects us, not only to Source, but to everything in this Universe!

Our aura, also known as, our energetic field becomes the filter for the energy that we emit or absorb, for both positive and negative energies. When the aura is congested it is not able to properly process the energetic signals that we receive. This exchange process creates an energetic communication channel that vibrates at a specific frequency, creating a cord of energy between you and everyone you come into contact with.

The connected energy between yourself and others is stored in an etheric body – a third body that houses the collective energy between you and every person you come into contact with. It also stores your higher-soul information. This subconscious connection is where all Universal contracts are reinforced. These contracts are stored within the hall of records – also known as the Akashic records.

Depending the nature of the relationship, an etheric chord attaches to your energy through three primary chakras: heart, solar plexus, and sacral chakra.



16: How do these Cords Communicate?

Etheric cords are a constant line of communication that is continuously sending and receiving signals back and forth between you and others. So depending on which energetic channel we tune into, being a higher or lower frequency, it effects us on every level, including; taking on the thoughts, feelings and emotions of others – both positive and negative. This also, explains our telepathic connection to our Beloved's.

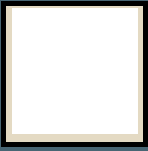
Often these channels of communication are affected by interference, which can cause distortion, blocking your ability to receive crystal-clear communication. Therefore, negative energetic cord attachments can prevent you from, not only connecting to your high-self or your greatest potential, but can prevent you from energetically communicating – including with your twin flame.

So, it is VERY important that you keep your channels, open, clear and free from distorted energetic patterns, including negative energetic attachments that you have been connected throughout your entire soul's evolutionary journey.

Also, this is why it's so important to release your past, present and future karmic contracts and ALL vows that YOU signed up for. So make sure to release energetic attachments that date all the way back to the beginning of your soul's evolutionary incarnation!

YES... that is why past-life clearing is so VERY important!

WOW...Looks like we forgot to read the fine print – RIGHT?



17: Where do Energetic Cords Attach?

Etheric cord attachments will block your chakras and keep your energy from flowing throughout your body, causing interference that result in feelings of being stuck. As you release these energetic blocks, you will restore balance in your life, which is critical to healing your soul on every plane and in every dimension. It will not only harmonize your soul's vibration, but it will create harmony throughout the seven dimensions of your soul's Being. The steps involved are fairly simple, but it is important to focus on one chakra at one time.

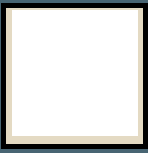
Most often these energetic cords are primarily attach to one or more of the following 3 chakras:

1) Heart chakra

Cords that attach to the heart chakra are usually associated with connections to those that we have loved deeply, such as; lovers, parents, children, and so on. When we feel broken hearted, our heart chakra triggers a response producing a contraction feeling, which is an attempt to purge these cords. However, due to the energetic attachments unless we cut these cords they will remain and continue to produce emotional pain and feelings of loss, preventing you from being open to give and receive love.

2) Solar Plexus Chakra

Cords that attach to this chakra are usually associated with those that we have short encounters with, such as; short-term relationships, co-workers, and strangers that momentarily cross our paths, and so on. When we become triggered by others it stimulates negative emotions, and our response generate feelings, such as; fear, resentment, power struggle, comparison, and so on. Our solar plexus chakra triggers restrictive energetic flow within this chakra, which can cause feelings of being unsettled, giving you that heavy feeling in the pit of your gut! This means your chakra is trying to purge the attached cords. However, because of the energetic attachment, unless we consciously cut these cords, they will remain and continue to produce uneasy and unsettled feelings that will block your ability to trust.



17: Where do Energetic Cords Attach?

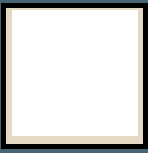
3) Sacral Chakra

Cords that attach to this chakra are usually associated with those that we have experienced a sexual encounter. When we become sexually attracted to someone, it produces a chemical response that stimulates our sacral chakra to energetically connect to that person. Then depending on if this is a positive or negative experience, our sacral chakra triggers a response helping us to be creative, or shut down our ability to connect to our purpose with passion!

So, whether a positive or negative sexual experience, if you are no longer with that person, energetic cords attached to them, need to be cut. Otherwise, they can continue to trigger your responses, which will prevent you from attracting your Divine sexual partner – blocking you from experiencing sacred sexuality.



CLICK HERE - For additional assistance with cutting cords or my 'ReBooting Your Twin Soul' 1-on-1 Blueprint Program



18: Understand Which Cords to Cut!

Here is a list of common energetic cords that need to be cut:

POSSIBLE CORDS:

NEGATIVE RELATIONSHIPS – BOTH KNOWN AND UNKNOWN

NEGATIVE EMOTIONS – BOTH KNOWN AND UNKNOWN

NEGATIVE FEELINGS – BOTH KNOWN AND UNKNOWN

EXPERIENCES – BOTH KNOWN AND UNKNOWN

ALL KARMIC CONTRACTS YOU HAVE MADE FOR PAST, PRESENT AND FUTURE

ALL KARMIC VOWS YOU HAVE MADE FOR PAST, PRESENT AND FUTURE

ALL KARMIC DEBTS THAT YOU HAVE MADE FOR PAST, PRESENT AND FUTURE

ATLANTIS – ABANDONMENT, FORGIVENESS AND CODEPENDENCY

NOT FEELING GOOD ENOUGH – THE NEED TO MEET THE EXPECTATIONS OF OTHERS

NOT FEELING WORTHY – THE NEED FOR VALIDATION

PERSECUTION – BLOCKING YOU FROM EXPRESSING SELF AND SPEAKING YOUR TRUTH

GENERATIONAL CURSES – LETTING GO OF THE EXPECTATIONS OF FAMILY AND

PROGRAMMING OF THEIR PATTERNS OR BELIEF SYSTEMS

CULTURAL CONDITIONS – LETTING GO OF THE EXPECTATIONS AND CONDITIONS OF

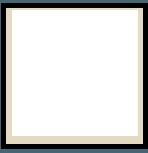
PROGRAMMING FROM YOUR CULTURES PATTERNS OR BELIEF SYSTEMS

UNIVERSAL KARMIC CLEARING – CLEARING KARMIC PATTERNS FOR THE COLLECTIVE –

INCLUDING THE 7 CARDINAL-DEADLY SINS

ANY CORDS THAT ARE PREVENTING YOU FROM CONNECTING TO HIGHER SELF, HIGHEST

PURPOSE, OR HIGHEST DIVINE PARTNER OF THIS LIFETIME



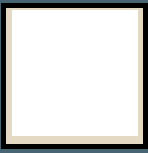
19: Time to Cut Energetic Cords!

Here are five general techniques that can help you remove energetic cords and energetic interference:

Tip 1: Visualization through Meditation – a B12 Shot for the Spirit! A very effective technique that clears your mind, as you focus on each chakra and visualize its associated color spinning counterclockwise to remove energetic cords and blocks, then clockwise to restore balance. While doing so, set the intention of what and whom you would like to release, followed by an affirmation of what you would like to restore. Use the release a negative – replace with a positive concept.

Tip 2: Sound Therapy – There are a variety of ways to use sound to shake up the lower dense energies. Binaural beat sounds or crystal singing bowls are good techniques. In addition, chanting mantras will generate an internal vibrational frequency within each of your affected chakra. It will enhance the energetic vibration – hence, clearing energy channels and your aura.

Tip 3: Crystal Cleansing – Stones or crystals carry a specific energetic frequencies based on the type and color. Each are encoded with their own energetic signature. Depending the type of stone, it can help to shift different types of energy blocks. Hold the crystal directly on the chakra or right over the chakra. You can even place it directly on top of the chakra, which helps to re-balance or absorb negative energy.

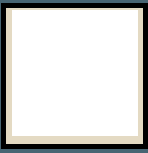


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Tip 4: Clear Your Space – Energetic debris can get trapped in every area of your life: body, mind, heart, soul and space. This will prevent chaotic environmental energy patterns that creates distortion within your internal energy causing negative interference. So make sure to smudge yourself and your space with sage. Salt water baths and drinking lots of water will also be very helpful!

Tip 5: Cord Cutting Ceremony – Clears Toxic Energies. Start the process by taking a few minutes to get relaxed. Get into a comfortable position and close your eyes:

- When you feel ready take 5 deep cleansing breaths.
- Then envision your body immersed in a non-permeable Violet Flame that will cleanse and purify toxic energetic debris from every plane of your Being.
- It will also transmute the negative energy and transform it back into positive energies.
- When you feel ready, invite your angels and guides – especially Archangel Michael to assist you in cutting all energetic cords, along with any attachments to any remaining blocks that have continues to keep you stuck.
- Next, visualize any particular person, emotion, feeling, or experience that you would like to cut cords to.
- Now visualize a gold cord connected to the associated chakras – depending on your association or relationship with that person. For example, heart chakra if you are releasing a lover, solar plexus if your letting go of someone that you don't trust, or sacral chakra if it pertains to a sexual experience. Cutting energetic cords can trigger emotions or feelings, depending on the type of connection and interaction with that person or the experience.



19: Time to Cut Energetic Cords!

Tip 5: Cord Cutting Ceremony –

- Once you can hold that interaction and associated trigger in your mind's eye, affirm the following mantra:

“Dear Archangel Michael and Spirit Guides, I ask that you assist me in cutting any energetic or etheric cords that no longer serve my highest good. I ask that all cords attached to me regarding (the person, experience, or emotions) – along with anything else that does not align with Divine love, light and my highest purpose, I ask for it to be released. Help me let go of these and any attachments that are keeping me stuck. I ask that you fill me with your presence in the color of God’s love – rainbow – surrounding me with your healing presence and protection – in every time – space and dimension. Please ground, shield and protect me from any future attachments.”

And so It Is!

Namaste

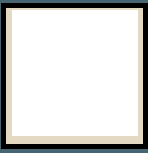
Repeat the Affirmative Prayer – for each person, experience or negative feelings and emotions that you need to release.



CLICK HERE - For additional assistance with cutting cords or my 'ReBooting Your Twin Soul' 1-on-1 Blueprint Program

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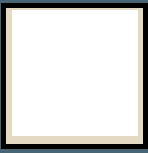
**Click to Join My
Free Your Soul
Online Personal Mastery Class**



20: Time to Forgive!

11 Steps to Forgiveness that Will Set Your Soul Free!

1. Start by setting your intention to release all the negative energetic forces that have been holding you back.
2. Perform a relaxing guided meditation to quiet the mind.
3. Ask your guidance for assistance to bring to your awareness - anyone you feel has wronged you, caused you pain, resentment or even silent distance. Be sure and include your twin flame or other relationship partners and experiences, and add yourself to this list.
4. Then prioritize this list in order of the least to the greatest impact of people or experiences or any blocks you have felt from that person. Make your twin the next to the last person on that list, with yourself being the last person.
5. Next, work through the prioritized list from least importance toward the most important person, that being you, and ask your guidance to reveal any known or unknown, harbored feelings in past or present lifetimes – and in all dimensions and on every plane of your energetic being
6. Commit to the idea that it is time to release these harbored energies, emotions, pain and conflicts and ask your guidance to bring forth anything that is subconscious. anything that you have blocked, or anything you have not been willing to see in the situation in the past.
7. Honor the feelings you have about that person, experience or event. Then write down your emotions, feelings and frustrations about the situation.



20: Time to Forgive!

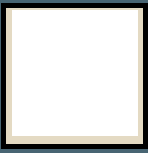
8. Now, decide to release those harbored emotions feelings or resentments about that person, experience or event.
9. Write a forgiveness letter to that person, experience or event and let them know that they are free to release all negative attachments to you and you are releasing all negative attachments to them.
10. Then rewrite the experience, feelings or emotions with an intention of what you would like to see becoming a positive outcome.
11. Finally, burn the letter and thank them for being your teacher and for crossing paths with you along your journey. When it feels complete, see them wrapped in a bubble of pink unconditional love and light – as you see them go about their own way!

REPEAT THE PROCESS: For every person, experience or event on your list – make sure to do this exercise with your twin and then yourself last.

NOTE:

This forgiveness process is not to be rushed and has no deadline – But do work it consistently, as you continue to progress through your transformational journey. The goal is to embrace the journey not race through this process.

WOW.... You MUST be feeling lighter by now!



21: Time to Celebrate!!!

THE FREEDOM CELEBRATION

Time to Celebrate Your Victory! There is power in action - I invite you to perform this balloon release Freedom Celebration!

Write what you are letting go on one side and what your heart desires on the other:

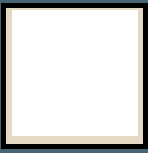
I _____, am now FREE to release ALL my (burdens) past pain, suffering and old patterns of action. I now DECLARE the purest form of love and light into my life. I place all my heart's desires into the breath of God. I vow to live a life of Peace, Purpose and Passion. I have learned to trust my instincts and my inner guidance. From this day forward I will speak my truth with clarity. I trust that God will supply ALL my needs and I no longer have to worry about my finances or personal relationships. I agree to live out my life in the Divine order that it was intended to be: I will paint it – I will own it – I will love it – I will live it – I will SHARE IT!

Now, with the release of this (butterfly/dragonfly) balloon, I unleash all my inner potential and I will be taught how to fly into new dimensions in every area of my life: body, mind and soul. Let there be POWER in this expression of my trust in the higher good of the Universe. As I go forward into the world, I will let my light shine for others to see and become an extension of the Divine flame. Through this ripple effect, may I be an inspiration and touch the lives of others.

I am open for guidance and I am ready to receive blessings beyond belief!

And so it is, with ease and grace, I fly into the wind and I will FOREVER... See myself FREE!!!

Namaste



22: Check Out - Additional Resources!

Ways to GLOW Forward with Me...

BOOK A READING OR ENERGY SESSION:

<http://www.twinflameexpert.com>

GET YOUR FREE 11-PART Videos Series to 'ReBoot Your Twin Soul' – ReCalibrate Your Vibration - Release Your Past, Raise Your Vibration, Reclaim Your Life & Reunite with Your Twin Flame!

<https://www.recalibrateyourvibration.com/freekeycodes>

FREE YOUR SOUL CHECKLIST – FREE DOWNLOAD:

<https://www.freeyoursoulchecklist.com>

FREE 30-DAY UNLOCK YOUR PASSION PROJECT:

<http://www.unlockyourpassionproject>

BOOK: Twin Flame Code Breaker

GET YOUR COPY:

<https://www.twinflameexpert.com/codebreaker>

REBOOT YOUR SOUL ONLINE COURSE – FOR A LIMITED TIME HALF PRICE!

<https://www.ascensionacademyonline.com/courses/reboot-your-soul-blueprint>

REBOOT YOUR SOUL 1-ON-1 PROGRAM:

<https://www.twinflameexpert.com/1-on-1-reboot-program>

ASCENSION ACADEMY ONLINE – View Other Online Courses:

<https://www.ascensionacademyonline.com>

HARMONY LIGHTHOUSE PUBLISHING:

<https://www.harmonylighthousepublishing.com>

ALL VIDEO DONATIONS PAID FORWARD TO CHAMPS MISSION:

<https://www.paypal.me/globalpaws>

THE PEACE COLLAR PROJECT

<http://www.globalpawsforpeace.org/home.aspx>

CHECK OUT MY BLOG:

<https://www.twinflameexpert.com/blog>



My journey thus far...

I AM a twin-flame ascension expert and I AM on a personal quest to fulfill my own twin-flame mission by sharing my message and enlightening the globe by giving back “The Gift” of UNCONDITIONAL LOVE that I received from my own twin flame, which has fueled my beacon for other twin flames to follow.

As a spiritual advisor, transformational coach and remote-energy healer, I help twin flames around the globe release their past, raise their vibration, reclaim their life, so they can experience the ultimate relationship of oneness with self and reunite with their twin flame.

My background is in holistic chiropractic, vibrational medicine and energy healing. For nearly 20 years, I have helped people remove energetic blocks that had kept them stuck in life.

Combined with my expertise, personal experiences, extensive research and my Divinely-guided messages, I help other twin flames around the world FACE FEARS - FIND FREEDOM & GLOW FORWARD ON FIRE ~ so they can return home – a place of inner peace and happiness!

Sharing the Shine,

drharmony

